**Social Networking**

Hello, my name is Marco and I am going to answer some questions you have asked me.

The questions I am going to answer are related to social media, and there are six in total.

**First of all,**

**❖ What is social networking?**

Social media is a meeting point for millions of people to form communities and share your life.

**❖ Can social networking sites be dangerous?**

Yes for example with the last thing I said: Sharing your life on social media can be dangerous as they can know where you are and who you are with, so it is very good information for people who are looking to harm you.

**❖ What precautions would you advise people to take?**

I think that people who use social networks should not share in the moment what they are doing, that way if that person uploads what they want to share after they have done it, it is not real neither the location nor the time nor who they are with....

**❖ Should the use of social networking sites be banned at work?**

I don't think banning is ever the solution, but restricting a limited amount of time seems appropriate. After all, you are working, not reviewing your leisure time.

**❖ Are social networking sites changing our daily behaviour?**

I think so because it conditions our schedules and our attitude towards our friends. It is not the same to be in an active conversation as to be on your mobile all the time.

**❖ Is it possible to become a social networking addict?**

Yes, without a doubt. Tiktok, for example, is a social network that nowadays I think affects all of us, because you enter for a while and end up staying for hours.

Prohibir nunca creo que sea la solución pero restringir un tiempo limitado me parece adecuado. Al fin y al cabo estás trabajando no revisando tu ocio.